

# Words To Walk By

**"...I dressed and went for a walk – determined not to return until I took in what Nature had to offer."**

Raymond Carver, poet

**"Millions of spiritual creatures walk the earth unseen, both when we wake, and when we sleep."**

John Milton, poet and scholar

**"Walking... is anything from a 2-week trek in Alaska to trundling a wheelchair along a paved path. It's not the strenuousness that counts – it's the eye contact with the natural world: what you see; what sees you."**

Ann Zwinger,  
nature writer and artist

**"On the trail marked with pollen,  
may I walk. With grasshoppers  
about my feet, may I walk. With  
dew about my feet, may I walk.  
With beauty,  
may I walk."**

Navajo saying

**"We need the tonic of wildness, to  
wade sometimes in marshes  
where the bittern and the meadow-  
hen lurk, and hear the booming  
of the snipe..."**

Henry David Thoreau,  
naturalist and writer

**"Walking requires little in the way  
of equipment or planning or physical  
conditioning, but it gives you  
the world. And what to do with the  
rest of your life."**

Ann Zwinger,  
nature writer and artist



**"I like to walk about amidst  
the beautiful things that adorn the  
world."**

George Santayana,  
philosopher and writer

**"So when I looked at my Wellies  
on that rainy day, I thought not  
just about getting fit, but about the  
child I'd been. I pulled my boots  
and raincoat on and joyously  
stepped outside."**

Violeta Balhas, writer and teacher

**"Never did I think so much, exist  
so much, be myself so much as in  
the journeys I have made alone  
and on foot. Walking has something  
about it which animates and  
enlivens my idea. I can hardly  
think while I am still; my body  
must be in motion to move my  
mind."**

Jean Jacques Rousseau,  
philosopher and writer

**"Not to go back is somewhat to  
advance, and men must walk  
before they dance."**

Alexander Pope, writer

**"Lincoln thought nothing of walking  
20 or 30 miles in a day – to  
hear a lawyer make a speech, to  
do an errand at the store. He  
would walk much farther if he  
heard of anyone who would lend  
him a book. Those long walks  
through the woods must have had  
a great influence on Lincoln's  
character."**

Carl Sandburg, poet

**"Unhappy business men, I am  
convinced, would increase their  
happiness more by walking 6  
miles every day than by any conceivable  
change of philosophy."**

Bertrand Russell,  
mathematician and writer

**"Give me the clear blue sky over  
my head and the green turf  
beneath my feet, a winding road  
before me and a 3-hour march to  
dinner – and then to thinking!"**

William Hazlitt, essayist